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Sports pg 10

Juniors go for gold tonight vs. U.S.



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TUESDAY, JANUARY 5, 2010 metron

Local pg 4

Contentious council vote delayed in Truro



School reopens after damage from flood fixed

EDUCATION Students at Rockingham School were scheduled to be back in class this morning after a flood extended their Christmas break by an extra day.

The Dartmouth elementary school, located on Tremont Drive, was forced to shut its doors yesterday morning after a malfunction in an air handling unit caused water to pool in the building's basement and shut off heat to some classrooms.

The school remained closed for the entire day as crews worked to repair the damage.

METRO HALIFAX

Citadel Hill **Running at sundown**



RYAN TAPLIN/METRO HALIFAX

A runner dashes up Citadel Hill as the sun sets behind him late yesterday afternoon.

Contract controversy

HRM, union disagree on 'employee privacy and dignity'

MONIQUE MUISE
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A contract offer that would give the Halifax Regional Municipality the right to administer polygraph tests to employees is being slammed by a local union leader, who says the proposed agreement treats the workers "like criminals."

The offer, presented to 800 HRM inside workers, including clerical staff and city planners in November, would also give the municipality the right to record certain employee phone conversations.

"This is about employee privacy and dignity," Bill MacGillivray, president of Local 13 of the Nova Scotia Union of Public and Private Employees, said in a release yesterday. "Once you lose those things, you don't get them back."

HRM spokesperson Shaune MacKinlay defended the offer, saying the municipality feels it is fair.

"Phone conversations would only be monitored for quality control purposes," she explained. "When it comes to polygraph ... it would apply only to those (employees) who work for Halifax Regional Police or in roles that serve Halifax Regional Police."

In a phone interview with Metro, MacGillivray argued, however, the wording of the agreement could be interpreted to extend the testing further.

"Every one of us that works for HRM in some capacity could service police, and that's how they've got the legislation written," he said. "We think (polygraphs) are going to become pervasive."

The workers are scheduled to vote on the proposed contract Thursday, and NSUPE is strongly recommending that they reject it. If they do, MacGillivray said the union will ask the municipality to return to the bargaining table. No date has been set for a possible strike vote.

"Our last contract was settled in six months, and this one has been 12 months now with no movement whatsoever by the employer," MacGillivray said. "This is supposed to be about give and take."

Polygraph problems

- This isn't the first time HRM has had to contend with controversy surrounding polygraph testing, also known as the lie-detector test. In 2008, Mayor Peter Kelly called for a review of the practice in the police department after it was revealed that would-be hires were being asked about their sexual practices, including bestiality.

Manslaughter charge results from fight

NEW YEAR'S EVE A 24-year-old Halifax man is scheduled to appear in court today facing a charge of manslaughter after a fight outside a New Year's Eve party claimed the life of another man in his 20s.

Charges were filed late yesterday afternoon against Ryan Leeds, after Halifax Regional Police interviewed him periodically over a 22-hour period. Police say Reed turned himself in to HRP headquarters on Gottingen Street at 6 p.m. Sunday and was subsequently arrested.

Nathaniel Welsh, 23, died Saturday at the QEII Health Sciences Centre after sustaining life-threatening injuries during an altercation outside St. Mark's Community Centre at 5540 Russell St. According to police spokeswoman Theresa Rath, officers arrived at the scene to find Welsh unconscious shortly after 1 a.m. Friday morning.

"(People) have to consider the power of a punch."
Theresa Rath, Halifax police

"The investigation warranted the charge of manslaughter," Rath said.

Leeds is also facing a charge of breach of recognizance.

Rath said no weapons were used in the altercation and they're not seeking any other suspects.

"(People) have to consider the power of a punch. It can be life threatening," Rath proclaimed about incidents like this. "Mr. Welsh is a prime example of that. It's a tragic incident."

Police are continuing to seek witnesses for the case.

PHILIP CROUCHER/METRO HALIFAX

News on the Move

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Vancouver Games

Countdown to 2010

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- Today — A look at five medal hopefuls, page 9.



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Local

The next best thing to torchbearing

Those dreading the yearly task of taking down the Christmas lights may be able to put it off for a few extra weeks this winter. The Canadian Olympic Committee is asking people to leave their red holiday lights up and turn them back on during the 2010 Vancouver Games in support of Canada's Olympic athletes. The Games are scheduled to run from Feb. 12 to 28. METRO HALIFAX

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Overpass expansion on schedule

ROADS Construction on the Fairview overpass is proceeding on schedule, according to the province's Department of Transportation.

Department spokeswoman Patricia Jreige said yesterday crews are now starting the building phase of the six-month expansion project, which began last October.

"In terms of a project of this magnitude, things have gone relatively well," she said. "Demolition was finished towards the end of November … (and) we're currently working on excavation and basically reinforcing the ground to prepare for the construction of the columns and the piers."

While Jreige said no specific end date for the work has been set, the project's completion date was initially the end of March. Jreige said motorists seem to be adjusting well to the lane closures brought on by the ongoing work.

The province awarded the contract to demolish and rebuild the south side of the overpass to Dexter Construction Ltd., for $5 million.

ALEX BOUTILIER/ FOR METRO HALIFAX

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Heavy snowfall brings heavy bill

City facing estimated $800,000 tab for last weekend's snowstorm

MONIQUE MUISE
monique.muise@metronews.ca

Last weekend's major winter storm left a sheet of ice, mounds of snow and slush, and one hefty bill in its wake.

The Halifax Regional Municipality spent an estimated $800,000 clearing snow and spreading salt after a weather bomb pounded the Maritimes on late Friday and through Saturday.

"That's pretty typical for this kind of storm," said HRM spokeswoman Shaune MacKinlay.

"If you look at it as one event over two days … based on the fact that we had our full complement of snow removal equipment out there, and because of the ice we had a high level of salt use."

MacKinlay added that much of the bill will be determined by private contractors, so the final numbers won't be available for several days.

HRM has set aside a total of $16.3 million for snow and ice removal in the municipality this winter. So far, MacKinlay said, Mother Nature hasn't put too much of a strain on that fund. In the past three months, HRM has yet to see a single day when snowfall totalled more than 20 centimetres.



TRURO DAILY NEWS FILE PHOTO

A plow clears snow from Sackville Street in this file photo. The weekend's snowfall cost the city an estimated $800,000.

"We've been fortunate in that winter hasn't hit us too badly at this point compared to other years," MacKinlay said.

That may change, however, as Nova Scotians brace for what are normally the two coldest and stormiest months of the year.

"This time of year, we have a good supply of cold air over Quebec and Labrador, and we still have fairly warm temperatures coming from the Gulf Stream," explained Environment Canada meteorologist Bob Robichaud. "There's a huge temperature contrast over a relatively short distance, and that's how storms develop."

For now, the national weather centre is predicting mostly cloudy skies over HRM in the coming week, with no major snow accumulation expected before Monday.

RCMP charge 11 more for drunk driving than 2008 holiday season

ALEX BOUTILIER
for Metro Halifax

Eleven more people were charged with driving under the influence from this December to last, according to numbers released yesterday by the Halifax RCMP.

As part of Operation Christmas, a provincewide initiative to route drunk driving around the holiday season, Halifax RCMP say they charged a total of 41 individuals with driving under the influence last month. That's up from 30 in December of 2008.

"We've stepped up our patrols all year … we've been more proactively out there looking for impaired drivers," said spokesman Cpl. Joe Taplin.

He also cited Campaign 911, a provincial initiative allowing citizens to call 911 on impaired drivers, as a boon to catching drunks behind the wheel.

But Taplin said some drivers just don't seem to be getting the message.

"We're actually warning people that we're out there looking for (impaired drivers)," he said. "People have to start listening, because we're going to catch you if you're drinking and driving."

442 In all of 2009, 442 individuals were charged with impaired driving by the RCMP in the HRM, an increase from 2008's total of 369.

497 HRP charged 497 in all of 2009, down from 2008's total of 508.

Halifax Regional Police had a similarly busy month, charging 50 people with impaired driving, according to police spokesman Const. Brian Palmeter.

QEII emergency room hit again with overcrowding

HEALTH Staff at the QEII Health Sciences Centre were once again dealing with an overwhelming number of patients flowing into the emergency room yesterday.

Hospital officials were forced to declare a Code Census three separate times during the day, said Capital Health spokesman John Gillis. A Code Census indicates the ER is overcrowded with patients waiting to be assigned a bed, and more than a dozen such alerts have been declared since September.

"In terms of the people who are being admitted, a large number are frail, elderly people who have multiple ailments," Gillis said of yesterday's rush. "Their needs tend to be complex and time-consuming."

Gillis said there doesn't seem to be one particular reason for the latest surge in patients, and added the hospital is doing its best to cope. He would not say if the overcrowding is expected to continue.

"It's hard to predict, so that's why we have things like Code Census," he said. "It helps us move people through the hospital on an urgent basis."

By yesterday at 5 p.m., all but two patients had been assigned beds.

ALEX BOUTILIER/ FOR METRO HALIFAX

Cape Breton doctor's licence suspended

The province's College of Physicians and Surgeons isn't saying why a Cape Breton doctor with a history of narcotic abuse has again had his licence to practice medicine suspended. Dr. Cameron Little, the college's registrar, said the matter involving Glace Bay's Dr. Tom Crawford has been referred to a hearing committee. METRO HALIFAX

Rural community seeks ways to comply with water legislation

BACTERIA Town officials in Port Hawkesbury will have to investigate how proposed provincial guidelines to protect municipal water systems from the harmful parasite cryptosporidium will affect construction of a $2.6-million addition to its water facility.

Port Hawkesbury's chief administrative officer Jim Davis said it will be up to the town's engineers to figure out what, if anything, needs to be done to ensure the water system is compliant under new regulations.

"We're in the process of constructing a second backup filter for our water treatment plant right now under the municipal rural infrastructure program."
Jim Davis, CAO

Both the federal and provincial governments have been instructing municipalities to use more effective and expensive technologies such as ultraviolet rays, ozone or chlorine dioxide against the harmful micro-organism.

"We're in the process of constructing a second backup filter for our water treatment plant right now under the municipal rural infrastructure program. That's in process so something like that would probably be added on to the tender package," Davis said.

Tenders for the project came back too high so the project will be tendered again soon, he said.

The changes to the province's treatment standards for municipal drinking water systems come after many municipalities have built or renovated multimillion-dollar water treatment facilities as part of the Nova Scotia water protection strategy.

The provincial legislation enacted in 2002 gave municipalities six years to provide residents with fully treated water. The guidelines were put in place following the deaths of seven people in Walkerton, Ont., in 2000 after drinking water was contaminated with E. coli bacteria.

Cryptosporidium can cause severe headaches and diarrhea and can't be eliminated by chlorinating the water supply.

Municipalities have until March 31 to offer comment on the proposals. Compliance will likely be required by 2013. CAPE BRETON POST

ShareYourViews
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News in brief

RELIEF A Liberal member of the legislature is calling on both levels of government to help pay for major infrastructure repairs in the Cape Breton community of Little Anse. Michel Samson says the weekend storm that pounded the province damaged the breakwater, left debris on the only road into the community and collapsed the wharf. He says the breakwater was last repaired in the 1970s and can no longer provide adequate protection. Samson says the community cannot sustain another storm without suffering extensive, permanent damage. THE CANADIAN PRESS

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ANDREW VAUGHAN/THE CANADIAN PRESS

Mayor Bill Mills listens to a witness yesterday at a public hearing in Truro. Town council delayed a decision to move a park gate, which the mayor says is a favourite pickup spot for gay people from all over the Maritimes. Gay rights activists say the mayor has unfairly targeted gay people.

Council delays vote

Truro town councillors put off a vote yesterday until next month on whether to restrict access to a park entrance the mayor has labelled a gay pickup area as an advocacy group warned the town could develop a reputation for intolerance.

The issue over the gate's placement sparked controversy last month when Mayor Bill Mills said it was being moved to reduce sexual activity by gay men.

"It's a favourite pickup spot for guys from all over the Maritime provinces," Mills said at the time.

"They go up and have a rendezvous and then they go into the woods and do their thing. It's been known for years and years and is becoming more and more of a problem."

During yesterday's meeting, several councillors reiterated their opposition to the mayor's comments and said they want to proceed debating whether moving the gate makes sense for other reasons.

Charles Cox said he felt he was caught in a personal dilemma because he felt the current layout of the gate creates safety risks to skiers and bikers from cars driving into the small parking area.

"I've almost personally been backed into," he said.

"I wish we could figure out a way to solve some of the safety issues and not move the gate immediately so that we could remove those fears of prejudice."

But Al McNutt, a spokesman for the Northern AIDS Connection Society, made a presentation to the council where he argued that the mayor's comments had shifted the issue to one of discrimination against gay men.

He said the gay and lesbian communities have not forgotten when the mayor, citing his religion, refused to fly the gay rights rainbow flag at the town hall during Truro's inaugural gay pride celebration in 2007.

Mills' remarks have raised questions about the true motives behind moving the gate, said McNutt.

"Because of the flag issue and now this issue, it's really not saying very much about Truro," McNutt said. THE CANADIAN PRESS

No comment

• Mayor Bill Mills didn't participate in yesterday's debate. "I'm under investigation for hate crimes, so therefore it would be inappropriate at this time to offer comment," he said.

'He was so very fun loving'

Sgt. Kirk Taylor was "free spirited" yet "very grounded," says his older sister.

"He was so very fun loving," Shavonne Wickens, who is from Truro Heights, said yesterday. "He would have done anything for anybody."

Taylor, a 28-year-old reservist from Yarmouth County, was one of four Canadian soldiers along with a Calgary journalist who died last Wednesday in a powerful roadside explosion in Kandahar city.

"He loved the military life. He loved everything about it, the opportunity to help," Wickens said. "He was such a good person."

Wickens, like her siblings, attended cadets as a youth. She also served in the Navy.



Sgt. Kirk Taylor

She was not surprised when her brother, nicknamed Sgt. Morale, joined the reserves. He was with 84 Independent Field Battery.

"He had the best of both worlds," Wickens said. "He did everything with the reserves and still had his own life to do his other passion, helping kids."

Wickens expects to head home to southwest Nova Scotia today to be with her family.

"The worst is going to be going back home," she said, "Bear Point where we grew up."

Wickens, 36, moved to Truro Heights in June to work at the Nova Institution for Women. She was at work Thursday when a phone call came in.

"The phone was transferred through to me and it was my dad. He said I think you better sit down," she recalled. TRURO DAILY NEWS

Poll gives college high marks

EMPLOYER The Nova Scotia Community College is a great place to work, according to a new survey.

The college has made the list of 50 Best Employers in Canada for 2010 in a study conducted by Hewitt Associates for the January issue of The Globe and Mail's Report on Business magazine. An NSCC release said the college — with 13 campuses around the province — is the first educational institution to make this list. It came in at No. 41.

A total of 134 Canadian organizations participated in the study. METRO HALIFAX

Murrin planning another lawsuit
Shannon Murrin says he will use some of the money he was awarded in an out-of-court settlement with the RCMP to take legal action against another police agency, the Royal Newfoundland Constabulary, CBC News Online reported. METRO NEWS SERVICES

Canada/World

Obama wary of Tories in '08 run: Book

NAFTA Barack Obama's presidential campaign suspected "dirty tricks" by Prime Minister Stephen Harper's Conservative government during the 2008 NAFTA-gate controversy, a new book alleges.

David Plouffe, Obama's campaign manager, is critical of Harper's administration for its role in a damaging affair that "caused us to limp, if not bleed" into the March 4, 2008 Ohio primary. Despite winning one of the most improbable victories in U.S. presidential history, NAFTA-gate — colourfully described as a "s— sandwich" — remains a sore point with Plouffe.

TORSTAR NEWS SERVICE

m.metronews.ca
SCANLIFE
Recent reforms mean proroguing Parliament won't kill a bill to scrap the gun registry, or much else. Scan this barcode for the full article.

Pair defect from Stelmach

Two Alberta MLAs leave ruling Tories for Wildrose Alliance

Historic cracks have appeared in Alberta's Tory political dynasty.

For the first time in the party's 38 consecutive years in power, two Progressive Conservatives have willingly crossed the floor — to join the upstart Wildrose Alliance.

The two are former cabinet minister Heather Forsyth from Calgary and backbencher Rob Anderson, who represents the Airdrie-Chestermere constituency north and east of the city.

The move is a boon for the fledgling right-wing Wildrose, which had only one seat in the legislature, but has been polling ahead of Premier Ed Stelmach and his massive Tory majority in recent weeks.

"It's clearly a decision being made on principle," said Danielle Smith, the charismatic and telegenic Wildrose leader, whose profile has pushed the party to the forefront of the Alberta political scene.


JEFF MCINTOSH/THE CANADIAN PRESS
Wildrose Alliance Leader Danielle Smith, left, looks to her two new colleagues at a news conference by former Conservative party MLAs Heather Forsyth, right, and Rob Anderson yesterday.

"Let me be blunt. For any PC to abandon the perks, the prestige and the security from a governing caucus of 70 to join a caucus of one in a party that is still not quite two years old, well, that would require a level of courage and commitment to principle that is rarely seen in politics."

Forsyth, former solicitor general and minister of children's services, has been at odds with the premier since he dumped her from cabinet after the last provincial election in 2008.

The five-term member of the legislature had been critical of Stelmach's leadership during the campaign.

"This is a decision I have not taken lightly. My priority has always been to represent my constituents and Albertans and to bring their views forward," she said yesterday.

"Under Premier Stelmach this government has lost its way and to watch what has happened is nothing more than wrong, and I simply could not stand by and be silent any longer."

Anderson was only elected in 2008, but was a member of the provincial Treasury Board and considered an up-and-comer by many in the Conservative party.

He said he was tired of not having his views heard.

"Most Albertans will be disappointed to know that politics in our province has evolved into a process that is almost completely undemocratic," Anderson said.

THE CANADIAN PRESS

HIV travellers allowed in U.S.

BAN Canadians infected with HIV are once again free to enter the United States.

Yesterday officially marked the end of a 22-year-long entry ban that prohibited HIV patients from entering or travelling through the U.S. without a special waiver.

U.S. President Barack Obama announced the end of the ban last October.

The ban was initially put in place to discourage the spread of the virus.

THE CANADIAN PRESS

News in brief

CFL The general manager of the Saskatchewan Roughriders stood in court yesterday and apologized for sexually assaulting a teenage girl who was babysitting his children. Eric Tillman pleaded guilty to the encounter in the summer of 2008 when the girl was 16 years old. Tillman said he was "profoundly sorry" for what he did to the teen, his family and the entire Roughrider organization. THE CANADIAN PRESS

Couples arrested for being together

MALAYSIA Fifty-two unmarried Muslim couples face charges of sexual misconduct and possible jail terms after being caught alone in hotel rooms by Malaysia's Islamic morality police during a New Year's Day crackdown, an official said yesterday. Scores of officers fanned out to hotels in central Selangor state before dawn on Jan. 1, knocking on doors and detaining unmarried Muslim couples who were sharing rooms, said Hidayat Abdul Rani, a spokesman for the Selangor Islamic Department. "We chose to have this large-scale operation on New Year's Day because many people are known to commit this offence while celebrating such a major holiday," Hidayat said. The charge carries a maximum penalty of two years in prison and a fine. The Shariah laws apply only to Malaysia's Muslims, who make up nearly two-thirds of the population, and not to the Christian, Buddhist and Hindu minorities.

THE ASSOCIATED PRESS

Security remains the same at some airports

AIR TRAVEL On the first day of what was supposed to be tighter screening ordered by the U.S. for airline passengers from certain countries, some airports around the world have conceded they had not cracked down.

The U.S. demanded more careful screening for people who are citizens of, or are flying from, 14 nations deemed security risks. But enforcement of the American rules appeared spotty yesterday.

"Everything is the same. There is no extra security," said an aviation official in Lebanon, one of the countries on the list. The official spoke on condition of anonymity because he was not authorized to speak publicly.

The administration of President Barack Obama ordered the changes after what authorities say was a failed attempt by a Nigerian man to blow up a jetliner bound from Amsterdam to Detroit on Christmas Day.

The U.S. Transportation Security Administration said the enhanced screening techniques would include full-body pat-downs, searches of carryon bags, full-body scanning and explosive-detection technology.

m.metronews.ca
SCANLIFE
New decade, old fears as frequent travellers resign themselves to tight security and random searches. Scan this barcode for the full article.

In Nigeria, one of the nations on the U.S. list for additional security, there were long lines on the first day of the new rules. At the airport in the capital of Lagos, Mine Oniovosa, a 24-year-old student, said she had been told to show up more than seven hours ahead of time for a flight to Atlanta.

But at international airports in Lebanon, Syria and Libya, all on the list, there were no visible changes in screening.

THE ASSOCIATED PRESS

South Korea **Socked by snow**


JEE HIN-MAN/THE ASSOCIATED PRESS
People shovel away snow in front of Duksu Palace in Seoul yesterday. South Koreans slogged through the heaviest snowfall in 70 years after a winter storm dumped more than 28 centimetres, forcing airports to cancel flights and paralyzing traffic in the capital.

News in brief

WASHINGTON U.S. Secretary of State Hillary Rodham Clinton said yesterday that internal unrest and a surge in al-Qaida activity in Yemen pose a global threat that is being met by U.S. support for the Yemeni government's efforts to fight extremists. Clinton said the situation in Yemen created risks far beyond its region.

PACIFIC OCEAN Authorities flew over remote coastlines in the Solomon Islands yesterday trying to assess the damage from a large earthquake and tsunami that crashed ashore a day earlier, devastating a village. No injuries were reported some 24 hours after the biggest of a series of quakes churned a tsunami wave that was up to three metres high.

THE ASSOCIATED PRESS

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Comment

Latest gambit may backfire on Harper

NationalReport
Lawrence Martin
metronews.ca/nationalreport

Having shown the effrontery to prorogue Parliament once again, the speculation now is that Prime Minister Stephen Harper, our supreme ruler, will take things a step further and force an election this spring.

Don't bet on that one. We won't know for sure until some polls come in, but there are indications the prorogue gambit is backfiring on him. The reaction has been demonstrably negative. Media comment boards have lit up in protest. The Globe and Mail went to the unusual extent of running a front page editorial. Conservative newspapers, normally in the prime minister's stable, have condemned the move. The Facebook group, Canadians Against Proroguing Parliament, already has 15,000 signed up.

It's become a question of how many times the people will let a leader bend a democratic system to his will before they fight back. If the prime minister doesn't take a hit in the polls on this he will feel the sting in other ways. The opposition to his methods is hardening. People are angry. When they get angry, they mobilize.

This prorogation story, which comes on top of his defying the will of Parliament by refusing to turn over documents on the Afghan detainees affair, is different from some of the other abuse-of-power stories. This one has legs. Every day Parliament's doors remain closed will serve as a reminder of what the supreme ruler did.

In such circumstances it's hard to see his support numbers going up enough in the next couple months for him to risk an election. Despite facing weak opposition leaders Harper has been unable to move his support level above the 40 per cent mark. Pollsters will tell you one of the reasons for the failure is his manipulative ruling style — the cold dictatorial edge. Prorogation has only served to reinforce that negative.

Harper didn't even bother to visit the Governor General to ask for prorogation this time. He simply phoned over, then had his press secretary announce it the day before New Year's Eve when the Olympic hockey team was being named and the PM's team felt that few would be paying attention.

The arrogance, the chutzpah is remarkable. Having dismissed Parliament in a hugely controversial move last year and having gotten away with it, Harper clearly feels he will get away with it again this time. Arrogant, autocratic leaders tend to be like that. They think they can get away with anything.

Eventually, they get caught.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

iMuslims: Vibrant Internet atmosphere

GlobalView
Mona Eltahawy
metronews.ca/globalview

You've seen their mugshots: A Nigerian charged with trying to blow up a plane on Christmas Day; five young American Muslims detained in Pakistan, apparently desperately seeking jihad.

I bet you haven't seen these mugshots: Iranian men in chadors and headscarves.

As part of the "Men in Headscarves" campaign, Iranian men have been posting pictures of themselves wearing the head and body coverings the Iranian regime imposes on women. Their pictures have spread on Facebook and YouTube in support of Iranian student activist Majid Tavakoli.

Authorities arrested Tavakoli in December after he called for more democracy and urged students to reject "tyranny." The next day, government newspapers published pictures of Tavakoli dressed in a chador and claimed he had tried to escape arrest disguised as a woman.

Yes, violent radical groups such as al-Qaida and others have used the Internet to their advantage. That is not new.

But what is new is how young Muslims have been using the Internet to challenge authority. Their exciting work is overshadowed by news of angry, young Muslims online.

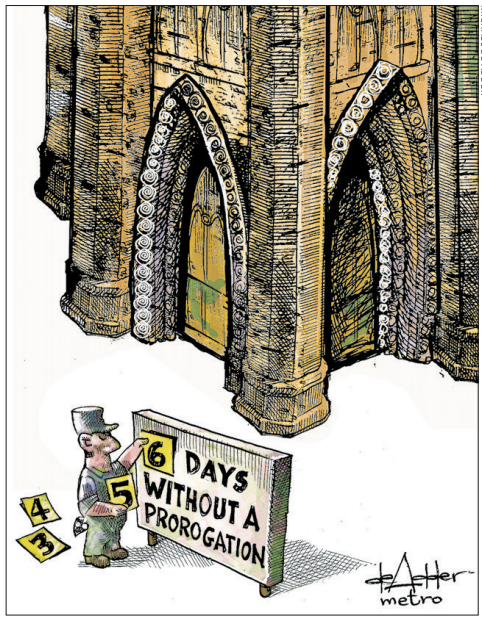
Pick up Gary Bunt's iMuslims: Rewiring the House of Islam and learn that for every online al-Qaida recruiter there are thousands more Muslims reforming Islam online. Interpretations and commentaries on the Qur'an fill the Internet and recreate the vibrant intellectual atmosphere that many Muslims lament we'd long ago lost.

I see that every day on Facebook where I have almost 5,000 friends. We argue over everything from polygamy and burqas, to being gay and Muslim. You rarely see such diverse opinions in news reports on Muslims.

Twitter is just as vibrant.

The Internet deals a blow to radical groups by giving anyone online the chance to answer back. For every Umar Farouk Abdulmutallab, there are dozens of Iranian men taunting the regime that runs the Islamic Republic of Iran.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



MICHAEL DE ADDER

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Dubai opens world's tallest building
Dubai opened the world's tallest skyscraper yesterday, and in a surprise move renamed the gleaming glass-and-metal tower Burj Khalifa. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

TD Bank takes aim at low-income earners

Program seeks to foil payday lenders

Toronto-Dominion Bank is using an innovative pilot program that specifically targets low-income earners as new clients — a financial intervention of sorts to prevent those folks from cashing their social assistance cheques at costly payday lenders.

Canada's second-largest bank has set up kiosks in some government offices in British Columbia to reach out to these vulnerable consumers and snag them as customers just as they receive their welfare cheques.

In some cases, civil servants are now simply referring clients to the closest TD branch.

The bank initially embarked on the program — dubbed the Direct Deposit Initiative — to solve its own cheque-cashing headaches. But its experiment has yielded some pleasant surprises.

Executives found that once this previously unbanked clientele gained access to a standard bank account, the vast majority remained active and profitable customers. Some have even gotten into the habit of setting aside regular savings despite their limited resources.

"The problem has always been these clients don't typically have sufficient ID to get a bank account," said Jeff Gunn, the TD employee who developed the program. The former Kelowna branch manager recently became a regional sales manager for the B.C. Interior. "There are very stringent rules."

TORSTAR NEWS SERVICE

Helping hands

- Some of Canada's biggest banks are also encouraging their broader clientele to save: Toronto-Dominion Bank is launching phase two of its TD Helps program in early 2010. The program, originally designed to help customers facing financial hardship, is being expanded to assist other clients manage their day-to-day financial affairs.

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Learn how to scan the barcode with the instructions at the top of pg 3

Nikkei **Kicking off 2010**



KOJI SASAHARA/THE ASSOCIATED PRESS

Kimono-clad women participate in a ceremony to kick off this year's first trading of stocks yesterday. Japan's Nikkei stock average shot up 118.74 points to 10,665.18 after the opening bell.

Investors play safe with savings, survey finds

RECOVERY A new Scotiabank study indicates investors, still skeptical about the slow economic recovery, are increasingly holding savings in relatively conservative registered plans.

ScotiaMcLeod wealth adviser Andrew Pyle says investors are more optimistic about the economy than they were a year ago but remain uncertain about the direction the economy is going to take.

About 55 per cent of those surveyed said they have a neutral view on the economic recovery, meaning they weren't sure whether it would fare better or worse following a volatile 2009.

"They're going to be on the fence because they've seen both extremes (recession and recovery) in a very short period of time," Pyle said. THE CANADIAN PRESS

Business in brief

TSX The Toronto stock market advanced yesterday afternoon after solid manufacturing data from the U.S. and China sent commodity prices higher. The S&P/TSX composite index was off early highs as losses mounted in the telecom and tech sectors on the first trading day of 2010. But the main index was still ahead 76.8 points to 11,822.9 as the Institute for Supply Management's U.S. manufacturing index rose to 55.9 last month from 53.6 in November. Other data showed China's manufacturing sector expanded at its fastest rate in 20 months.

THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Start the new year off by reforming your gift buying excesses with the help of the R mantra — Regift.

Dos and don'ts of regifting

AlisonOnMoney
Alison Griffiths
metronews.ca/alisononmoney

I know that I nattered at you before Christmas about not buying useless stuff for people who won't remember what you gave them. Most of you probably did it anyway under pressure of self-imposed guilt.

While you may be heartily sick of hearing anything to do with presents, I offer another thought to help you deal with this expensive habit as the year unfolds.

We focus on the end of year holidays as the primary gift buying extravaganza, but when you examine the rest of the year what you buy for friends, family and colleagues likely far exceeds what you spend during the festive season.

Think showers, weddings, Stag and Does, birthdays, anniversaries, graduations, baptisms, Bar and Bat Mitvahs, retirements, promotions — oh my!

Here's one way to prevent all these events from digging too deeply into your wallet. Tag and bag. Take all your unwanteds and unneededs from the holiday season and assemble a regift pile. Forget anything not properly packaged, stuff that looks like it came from the dollar store and handmade items — no matter how nice, passing them off as crafted by you is plain bad Karma.

Take all your unwanteds and unneededs from the holiday season and assemble a regift pile.

Nix most edibles with the exception of boxed items such as an artisan honey or jam set. Oh yes, and anything dated, like calendars, is history.

Now, take careful note of who gave the regift prospect to you. Missing this step can be fatal. My husband's dear godmother once gave me a lovely glass apple ornament which I ended up handing back to her a couple of years later. I received a tart dressing down as a result.

In my regift drawer this year is a bath set that does not look like a grab and go from the corner drug store, a mouse flashlight that will delight a nephew or grandson and a charming pine candle that is too fragrant for my husband's sensitive nose.

Follow this process through the year and you will always have on hand an inventory of items that cost you nothing but, hopefully, will be appreciated by a recipient.



Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



TD Canada Trust received the highest numerical score among the big five retail banks in the proprietary J.D. Power and Associates 2006 – 2009 Canadian Retail Banking Customer Satisfaction Study℠. 2009 study based 12,555 total responses measuring 5 banks. Proprietary study results are based on experiences and perceptions of consumers surveyed in March – June 2009. Your experiences may vary. Visit jdpower.com

U.S. Olympic staff to be vaccinated
More than 100 employees of the U.S. Olympic Committee are getting swine flu vaccinations before they head to Vancouver for the Winter Olympics. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA


JED JACOBSOHN/GETTY IMAGES
Snowboarder Maëlle Ricker


JASPER JUINEN/GETTY IMAGES
Speedskater Christine Nesbitt



JONATHAN FERREY/GETTY IMAGES
Speedskater Charles Hamelin



JEFF MCINTOSH/THE CANADIAN PRESS
Hayley Wickenheiser, right, Jayna Hefford, centre, and Caroline Ouellette of the women's hockey team

Golden opportunities

A look at five of Canada's top medal hopefuls

With one month to go before the 2010 Winter Olympics, Metro looks at five of Canada's top gold medal hopefuls.

Canadian women's hockey team

In the three Olympic Games since women's hockey was introduced, the team has captured two golds and one silver. It will likely face off for the gold medal against the United States, which won the 2008 and 2009 world championships. Veteran forward Hayley Wickenheiser will vie for her fourth Olympic medal. "Hockey Canada has a goal to win three medals in Vancouver at the Olympics and Paralympics: Men's, women's and sledge hockey," said Johnny Misley, executive vice-president of hockey operations at Hockey Canada. "Anything else would be a disappointment to all Canadians."

Maëlle Ricker, snowboarder

Maëlle Ricker's Olympic dreams were nearly dashed by knee injuries, but even eight surgeries couldn't stop the North Vancouver resident from achieving 28 career podiums, including 13 victories, on the FIS World Cup Tour. She took fifth place at her first Olympics — the 1998 Nagano Games when she was 19 — and fourth in the 2006 Turin Games. In December, Ricker won gold at a World Cup stop in a snowboardcross event in Telluride, Colo.

Christine Nesbitt, speedskater

At the 2009 ISU Speedskating World Cup meet in December, Melbourne, Australia-born (and London, Ont.-raised) Christine Nesbitt won two gold medals in two days — the first in the 1,500-metre event and the second in the 1,000-metre event. In total, she has 13 World Cup gold medals, 22 silver medals and 11 bronze medals. With Kristina Groves and Cindy Klassen, Nesbitt took home a silver medal in team pursuit at the 2006 Winter Olympics in Turin.

Jasey-Jay Anderson, snowboarder

Jasey-Jay Anderson is Canada's most decorated snowboarder. The 34-year-old native of Val-Morin, Que., won four consecutive FIS Snowboard World Cup titles from 2000 to 2004 and is a four-time overall World Cup champion. On Dec. 17, Anderson took top spot in the parallel giant slalom at a World Cup snowboarding competition — his 25th career World Cup victory across all disciplines.

Charles Hamelin, speedskater

The 25-year-old native of Levis, Que., has earned a dozen world championship medals since 2005, a silver medal at the 2006 Turin Games in the 5,000-metre relay and five medals — including three gold — at this season's World Cup events. Hamelin will compete in the 500-, 1,000-, 1,500-metre events and the 5,000-metre relay at the 2010 Winter Olympics and is considered a medal threat in each one. Mylène Croteau, manager of communications for Speedskating Canada, believes Hamelin could be the first Canadian athlete to win gold since the 1,500-metre medal rounds will be held on the first day of the Games.

METRO CANADA

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Snowboarder Jasey-Jay Anderson

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Titan ship Blanchard to Voltigeurs

The Bathurst Titan traded 19-year-old blue-liner Remi Blanchard to the Drummondville Voltigeurs yesterday. The Titan received Ryan McKiernan and second- and third-round round draft picks. Blanchard has 22 points in 40 games. METRO HALIFAX

Sports



Gordon an all-star

Porters Lake's Andrew Gordon has been rewarded for an outstanding season with the Hershey Bears. The 23-year-old forward will play for Canada at the American Hockey League all-star game on Jan. 18 in Portland, Maine. He is tied for fifth in the AHL with 36 points in 36 games. METRO HALIFAX

EDITOR: DON.MCHOULL@METRONEWS.CA

Gold won't come easy

Canada knows just how tough the U.S. hockey squad can be

WORLD JUNIORS PREVIEW

United States vs. **Canada**

Canada's path to a record sixth straight gold medal goes through an American team that has already given them one scare at the world junior hockey championship.

Canada will face the United States in the final tonight (TSN, 9 p.m.) looking to settle any question of which country has the better team after pulling out a comeback 5-4 victory in a shootout over the Americans in round robin play Dec. 31.

"It's good for us because we feel we didn't play a very good game against them the first time," said Canadian forward Brandon McMillan.

"We weren't ready to play and they took it to us."

The Credit Union Centre will no doubt be as solidly behind Canada as it tries to make history by winning a sixth straight gold, as they were on New Year's Eve when the Americans came within five minutes of an upset win over their hosts.

The U.S. outplayed Canada for 2½ periods and took a 4-2 lead 1:01 into the third frame before Jordan Eberle scored at 10:03 and Alex Pietrangelo tied it with a short-handed goal with 4:15 left in regulation time.

It went to a shootout, where Eberle, Nazem Kadri and Brandon Kozun all scored on Jack Campbell, while Jake Allen stopped American veteran Jordan Schroeder to secure the win. Mike Lee is expected to be in goal for the U.S. in the rematch.

"Everyone thought we played really poorly, and not a lot of people respect how well the States played," said Canadian coach Willie Desjardins. "They've got a real good hockey team."

It won't help that Canada will be without defenceman Travis Hamonic, who suffered a suspected separated shoulder when he was hit from behind into the boards in the final minute of Canada's 6-1 victory over the Swiss in the semifinals.

THE CANADIAN PRESS



GEOFF HOWE/THE CANADIAN PRESS

Team Canada players listen to coaches during team practice on a break in world junior hockey championship action in Saskatoon, Sask., yesterday.

"Everyone thought we played really poorly, and not a lot of people respect how well the States played."
Willie Desjardins, Team Canada coach

Deadline day looms for Herd

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads are down to last-minute decisions with Thursday's trade deadline approaching.

The Mooseheads have so far had one of their quietest holiday trade periods in recent memory, with Cam Russell treading cautiously through his first mid-season as general manager.

He's pulled the trigger on just two minor trades, sending spare defenceman Alex MacDonald to Moncton and picking up depth forward Andrew Wigginton from Bathurst.

Although Russell is strongly leaning away from moving high-scoring captain Tomas Knotek, the calls continue to roll in for 19-year-old defenceman Pascal Amyot.

"If teams are smart, they always want to pick up a dependable defenceman going into the playoffs," Russell said. "It's difficult to find good defence at this age. If you've got a guy like Amyot, you're always going to have interest."

The Mooseheads have five strong candidates for over-age jobs next season in Knotek, forwards Gerrad Grant and Charles Bety, Amyot and defenceman Paul Dimitruk.

Trading at least one now would yield the best return, so Russell is going to consider every call he gets. But since he already has five selections in the first three rounds of both the 2010 and 2011 drafts, he's not seeking more picks.

"We're not going to throw away a player to acquire another pick," said Russell, who builds from defence out. "Amyot is going to be a 20-year-old for us and if you look at our defence (next season), we're not going to have any 19s … It's all 18-year-olds. We're gonna need at least one 20-year-old."

It's also possible Russell could target a 20-year-old like Moncton forward Pierre-Marc Lessard (eight goals and 49 penalty minutes in 26 games) to bring in a veteran presence, especially now that over-ager Linden Bahm has a broken wrist.

Injuries may ultimately end up being a factor in what Russell does before Thursday's 1 p.m. deadline, as he has a handful of regular players lined up at the trainer's room.

"I've got to sit down and see exactly how our line-up's going to look with all these injuries," Russell said. "Then we'll decide what deals we're going to make or not make."

Makeup date

- The Halifax Mooseheads have been given a makeup date for a postponed road game against the Bathurst Titan.

The Mooseheads will visit K.C. Irving Regional Centre in northern New Brunswick on Thursday, March 11, giving them back-to-back games against the Titan. They were already scheduled to visit Bathurst on March 12.

Electronic Arts stands by Woods

SPONSOR Electronic Arts Inc. is standing behind Tiger Woods and plans to go ahead with the release this month of an online game featuring the embattled golf superstar.



Tiger Woods

EA Sports President Peter Moore says Woods is "still one of the greatest athletes in history" despite his missteps off the golf course.

He also cited the company's extensive work over the past year in developing the new game, Tiger Woods PGA Tour Online.

AT&T Inc. and Accenture have dropped their sponsorships of Woods, who is taking a break from the sport to focus on his marriage after his admitted infidelity.

EA wouldn't comment on whether plans for a new edition of the popular Tiger Woods PGA Tour console game would be affected. The franchise has raked in hundreds of millions of dollars. EA is the only company licensed by the PGA to make games that carry its name. THE ASSOCIATED PRESS

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Sports in brief

GUNS Washington Wizards star Gilbert Arenas says he took unloaded guns from his locker in a "misguided effort to play a joke" on a teammate. Arenas released a written statement after meeting with law enforcement officials yesterday.

THREE STARS Vancouver Canucks centre Henrik Sedin, Phoenix Coyotes goaltender Ilya Bryzgalov and Chicago Blackhawks right-winger Patrick Kane are the NHL's Three Stars for the month of December.

BASEBALL Jason Bay's contract with the New York Mets includes a $17-million US option for 2014 with a $3-million buyout, a person familiar with the deal told The Associated Press.

METRO NEWS SERVICES

SCOREBOARD

NFL PLAYOFFS

WILD CARD ROUND
AFC
Byes: Indianapolis, San Diego
SATURDAY'S GAME
N.Y. Jets at Cincinnati, 5:30 p.m.
SUNDAY'S GAME
Baltimore at New England, 2 p.m.
NFC
Byes: New Orleans, Minnesota
SATURDAY'S GAME
Philadelphia at Dallas, 9 p.m.
SUNDAY'S GAME
Green Bay at Arizona, 5:40 p.m.

NHL

YESTERDAY'S RESULTS
N.Y. Rangers 3 Boston 2
Los Angeles at San Jose

NBA

YESTERDAY'S RESULTS
Miami 92 Atlanta 75
New Orleans 91 Utah 87
Oklahoma City 98 Chicago 85
Portland at L.A. Clippers

Former Rainmen join other teams in PBL

Three former Halifax Rainmen have turned up on opposition Premier Basketball League rosters.

Wing Glen Dandridge and forward David Bailey both suited up for the two-time defending PBL champion Rochester Razor-Sharks on opening weekend, while forward Cordell Jeanty has rejoined the Quebec Kebs, his former team.

The six-foot-five Jeanty is hot through two games, seventh in PBL scoring with an average 19.5 points per game.

Also playing in the PBL is wing Demetrius Howard, who signed with the Rainmen in the off-season but was cut after training camp. He's playing for the Maryland GreenHawks.

MATTHEW WUEST/ METRO HALIFAX

SPECIAL FOCUS ON:
New Year's Resolutions

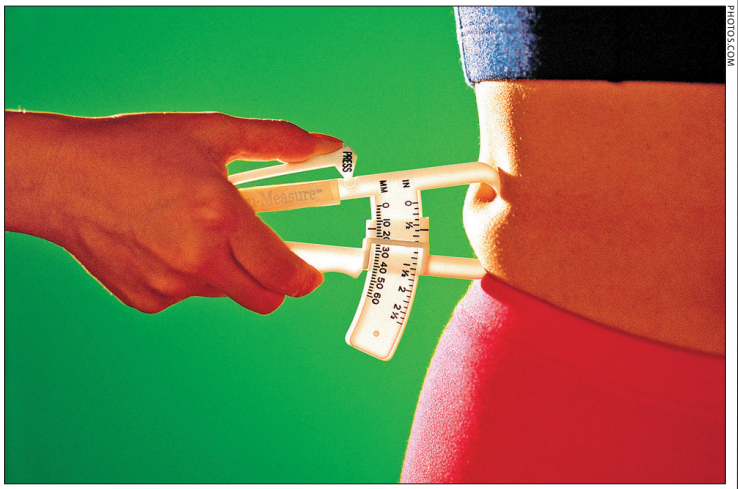
Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Weighing your options

Losing those extra pounds can begin with looking at food differently

CELIA MILNE
for Metro Canada


PHOTOS.COM

Weight loss goals should be for the long run, not a quick-fix solution.

Hope to lose weight this year? Get ready to think differently about food. "Any change we make to improve our weight needs to be a lifestyle change for good, not just a quick fix," says Dr. Janine Bowring, a Toronto doctor of naturopathic medicine.

Many of us blurt out on New Year's Eve that we are determined to diet and get in shape this year. Easier said than done.

"New Years resolutions to get in shape and lose weight rarely work for the long haul. Some people even gain more weight because they overeat in the holiday season knowing that Jan. 1, they are officially starting their weight loss," says Bowring, who is author of the book The Healthy Millionaire and formulator of VitaTree Nutritionals.

"Goals for weight loss should be set for the long run, not just for a diet."

Three small achievable goals that Dr. Bowring suggests setting are:

- Eat smaller amounts regularly
- Do not skip meals
- Eat more slowly.

These can improve our digestion and decrease overeating, thus resulting in weight loss, she says.

Avoid labelling certain foods as "bad" as we tend to want more of what we can't have. "If we can focus our attention to eating well 80 per cent of the time, the other 20 per cent can be our indulgences, without the attributed guilt that leads to overeating," Bowring suggests.

Beware of emotional eating — try not to eat differently when stressed, angry or bored.

"Skinny people tend to eat whatever they want, whenever they want. They don't feel bad about it and they also don't overeat because they feel emotionally satisfied," she says.

Bowring suggests New Year's detoxification to help you feel lighter on your feet.

- Squeeze a quarter lemon in warm water and drink first thing in the morning. This helps to get the digestive enzymes going.
- Add parsley to your salads and other dishes; it is good for the kidneys.
- Make sure you are getting enough fibre. Add psyllium to water or juice once a day on an empty stomach (1/4 tsp). Eat lots of whole grains and carrots.
- Do deep breathing exercises daily.
- Sweat it out. Regular exercise detoxifies the skin and helps you lose weight and then maintain weight.



Fitness is only half the battle when it comes to dropping pounds.

Don't quit trying to quit smoking

CELIA MILNE
for Metro Canada

SMOKES Did you resolve to quit smoking this year? It's tough to do, but it's a very powerful factor in improving health.

Smoking kills tens of thousands of Canadians a year. It is well known that smokers have a higher risk for lung cancer. But few people realize that smoking also raises your risk of heart disease.

Nicotine is addictive. When you inhale from a cigarette, nicotine enters your bloodstream instantly and triggers release of dopamine into the brain.



The brain gets used to the stimulation, and then craves it. In order to quit, you have to be ready to deal with the cravings and the withdrawal symptoms.

Here are some tips on quitting:

- Set a quit date.
- Declare that you are going to quit, by telling family, friends, and co-workers.
- Ask your doctor or pharmacist what product might help you.
- List the benefits of quitting, such as looking better and feeling better.
- Write down strategies for managing withdrawal.
- Practice how you will deal with cravings
- List your triggers

Health Tips in brief

HEART Meeting a friend for coffee? Why not go for a walk with her instead? You can receive health tips like this every week from the Heart & Stroke Foundation. The idea is to reduce women's risk of heart disease and raise awareness that heart disease isn't just a problem among men. In some women, risk can be reduced by 80 per cent just by adopting a healthy lifestyle, according to the foundation. Tips are delivered via text message, email or RSS. Sign up for Heartbeats at theheartttruth.ca/heartbeats/ before Mar. 2 and you could win tickets to LG Fashion Week in Toronto. CELINE MILNE/ FOR METRO CANADA

The J Spot



Josey Vogels

Josey Vogels column on dating habits for the next decade can be found at metronews.ca/thejspot

On the web

Booty Camp:

- Are you looking to loose weight without loosening the purse strings? Check out some frugal fitness tips and how to stay motivated at: metronews.ca/toronto/life



Filter while you sip

Fans of Brita-type filters can now tote the President's Choice Personal Water Filter Bottle ($9.99). It holds about three cups of water and filters out significant amounts of lead and chlorine as you tilt and sip. TORSTAR NEWS SERVICES

Food



A versatile condiment

With its sweet-and-sour, fruity and spicy flavours, chutney can turn ordinary meals into culinary wows. Beau MacMillan, chef and co-host of the Food Network's upcoming reality show Worst Cooks, offers these tips: 1) Use sweet chutney atop something rich, like lamb. 2) Serve it as a dip with tempura shrimp. 3) Use a red pepper and green onion chutney to flavour a ham sandwich on cheddar biscuits. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets



Peter Rockwell

metronews.ca/liquidassets

My predictions

Well, here we are again folks: Another new year and another new decade. I can't think of a better way to celebrate than making a few wine predictions aimed at the next 12 months.

My crystal ball says that the popularity of Argentina will continue this year. The red malbec grape will still reign supreme, but I expect torrontés (a spicy white grown in the country's northern vineyards) to rock your world. Viognier (another pepper white grape) will also get its well-deserved due with wines like Chile's **Cono Sur 2008 Viognier** ($9.95 - $11.99) offering fresh, floral aromas and soft, leachy-like flavours that work great with food.

Over to red, shiraz (yes, shiraz) will make waves with its international personality thanks to great new wines from Argentina, Chile, Canada, France and South Africa loosening Australia's grip on the grape.

Though there aren't too many undiscovered countries left to, well, discover; Portugal will rule 2010 with non-fortified wines such as **José Maria da Fonseca's 2006 Periquita** ($7.95 - $11.49). Cheap and layered with savoury wild berry fruit, it's a grill-friendly red that only hints at the variety of wines the Portuguese have to offer.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

Sweet & tangy

Work some warm greens into your meals

With the decadent holiday season of eating behind us, you're probably looking to eat lighter and healthier.

Instead of pulling out the salads, try working some warm greens into your meals. For other healthy options to help you get your New Year's resolutions started, try our Healthy Choice guide at 20minutesupperclub.com

This week's meal combines steamed spinach with warm pineapple sauce and chicken to create a delicious sweet and tangy dinner that is perfect for serving to your family casually or can easily be dressed up for guests. Similar to an applesauce, the pineapple sauce gets some depth with the addition of jalapeno pepper. The flavours work well with simple broiled chicken and would also be great served with pork. If fresh pineapple is unavailable, drained canned pineapple can be used instead.

To end the meal on a sweet note without the heaviness, try our "Blondie" or Butterscotch bars. Made with walnut and coconut, these heavenly bars are a perfect nutty flavour to finish the night on.

- CHRISTY PENGILLY



Butterscotch or "Blondie" dessert bars offer the perfect nutty flavour to finish off your meal.

Chicken with Warm Pineapple Sauce and Steamed Greens

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 3 Tbsp honey
- 1 Tbsp plus 1 tsp fresh limejuice
- 1 Tbsp reduced sodium soy sauce
- 1 tsp olive oil
- 4 (4oz) chicken breasts
- 1 1/2 cup diced fresh pineapple
- 1 tsp finely chopped jalapeno pepper
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 lb spinach, about 2 bunches
- 1 tsp fresh lemon juice
- 1 tsp unsalted butter, optional

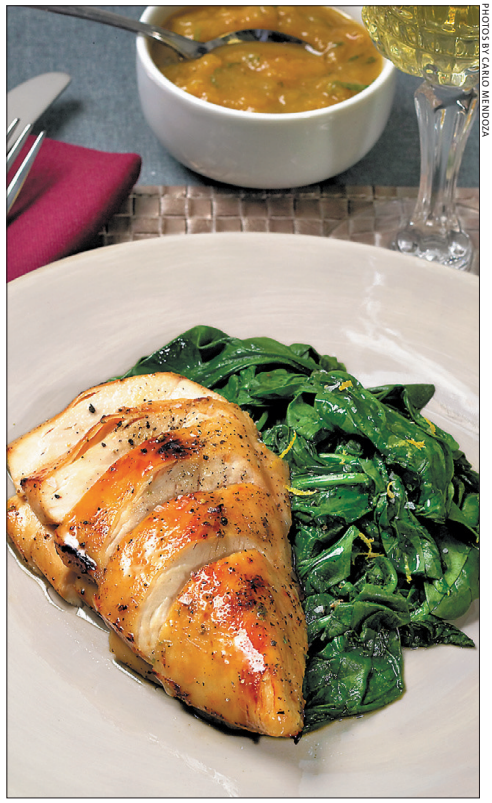
Perfect meal option for a family or dress it up for guests

METHOD:

1. Preheat broiler to high. Line a broiler pan or rimmed sheet pan with tinfoil and set aside.
2. In a small bowl, combine 1-tablespoon honey, 1-teaspoon limejuice, 1-teaspoon soy sauce and olive oil together and mix well. Transfer chicken to prepared pan, season with salt and pepper and brush each breast with honey mixture. Broil chicken until cooked through and golden brown on top, about 10 to 12 minutes
3. Meanwhile, in a blender, combine pineapple, 2-tablespoons honey, 1-tablespoon limejuice, 2-teaspoons soy sauce, jalapeno pepper and salt together. Puree until frothy and smooth. Pour pineapple mixture into a nonstick pan and set over medium-high heat. Cook pineapple mixture, stirring occasionally, until sauce caramelizes and thickens, about 5 minutes. Remove from heat and set aside.
4. Meanwhile, set a steamer basket over a pot of boiling water. Add spinach, cover and cook until wilted and tender, about 3 minutes. Remove from steamer basket; add lemon juice and season with salt and pepper. Add butter, if desired. Serve chicken with steamed spinach and warm pineapple sauce as a garnish.

Butterscotch Bars

MAKES 24-48 BARS
PREP TIME: 15 MINUTES
COOKING TIME: 30 MINUTES
RECIPE DEVELOPER: CLAIRE STUB



PHOTOS BY CARLO MENDOZA

Chicken with Warm Pineapple Sauce and Steamed Greens.

INGREDIENTS:

- 1 cup unsalted butter
- 4 cup brown sugar
- 4 eggs
- 4 Tbsp vanilla extract
- 2 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1 cup chopped walnuts
- 1 cup unsweetened, shredded coconut

METHOD:

1. Preheat oven to 375°F. Line an 11- x 17-inch sheet pan with parchment paper. Tip: Put a dab of butter in each corner of pan to stick paper down and keep it in place.
2. In an electric mixer, cream butter and sugar together. Add in eggs one by one and then vanilla.
3. Sift together dry ingredients and add to butter mixture, mixing until just combined. Mix in nuts and coconut.
4. Spread batter out in pan as evenly as possible. Bake for 15 minutes, rotate 180 degrees and continue baking for another 15 minutes. Do not over bake.
5. Cool in pan and then cut into bars or squares.

Reader contest

- Visit 20minutesupperclub.com/raincoast to enter to win a Raincoast Books New Years Resolution Gift Package worth $100. For product information, visit raincoast.com. The winner will be drawn at the end of this month.

20 minute SUPPER CLUB

Food in brief

SUGAR TIPS When shopping for sweetener, seek products that can replace refined sugar, suggest the authors of 175 Natural Sugar Desserts.

The following are natural sweeteners that can replace refined sugar:

- **Agave Syrup:** A succulent plant with a low glycemic index, agave has a sweet mild flavour when baked or made into syrup. Find it in health-food stores and some major supermarkets.
- **Xylitol:** A sweetener found in plums, among other fruits. It contains 40 per cent fewer carbohydrates than sugar.
- **Honey:** Due to its high carbohydrate content it should be used only in small quantities. It has roughly 1 1/4 times the sweetening power of sugar.
- **Stevia:** A tropical plant native to Brazil and Paraguay, stevia is 200 to 300 times sweeter than granulated sugar. It can be found in health-food stores as well as online.

Source: 175 Natural Sugar Desserts by Angelina and Ari Dayan (Robert Rose).

THE CANADIAN PRESS



McConaughey welcomes new daughter
Matthew McConaughey is a daddy again. McConaughey and girlfriend Camila Alves welcomed a baby girl Sunday , the 40-year-old actor wrote on his website. Vida Alves McConaughey weighed in at seven pounds, six ounces. TVGUIDE.COM

Entertainment



Light of Day
Michael Jackson fans have a reason to celebrate. An unreleased track, called Another Day, has popped up on the Internet. The track appears to be a duet with Lenny Kravitz. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Like father, like son

Family at centre of new private eye series Republic of Doyle

IAN JOHNSTON
for Metro Canada

The new CBC mystery/drama Republic of Doyle does make you wonder — are there really private investigators in Newfoundland?

"You know, it's funny, but yeah, there are. In doing the research, we ran into a couple of guys," says series creator Allan Hawco, who also stars as Jake Doyle, the younger half of a family-run P.I. firm operating out of St. John's, N.L.

"And even a father and son team working, which we never expected, but there it was."

Not that Newfoundland P.I.s get into as much trouble as the older and younger Doyle. In the series, Jake and father Malachy (Sean McGinley) are always finding themselves on the wrong side of the bad guys, the cops, women, their extended family, and the law.

Republic of Doyle premieres tomorrow on CBC

"We wanted to keep with what PIs here usually do — like serving papers or car repos. That's their bread and butter. And it's the same on the show. But when they do that stuff on the show, it tends to get them involved with bigger things."

Bigger things being murder. Or drugs. Or arson. Or a particular persistent graffiti artist.

Newfoundland native Hawco — whose credits include TV's ZOS and H2O – says he didn't base the show on any specific old detective series.

Still, Republic of Doyle does reference '70s TV gumshoes like Banacek and the father-and-son team on The Rockford Files.

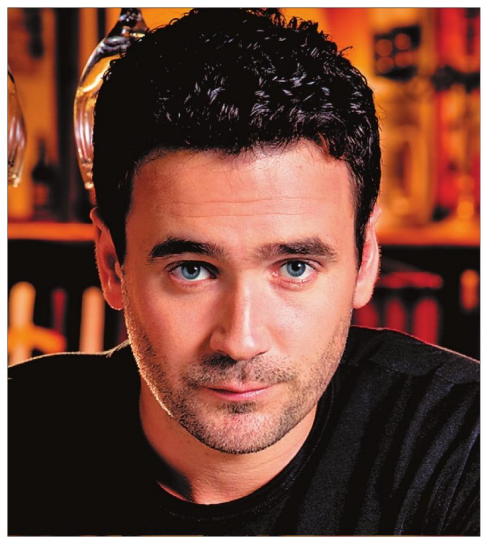
"I watched them all growing up. But with Republic of Doyle, we tried to keep it modern, keep it real," says Hawco, who wrapped filming on the first season on Dec. 22.

"Though we wanted to keep in that sense of Newfoundland humour, we take the subject serious. It can be funny, but it's not a joke."

If anything, Republic of Doyle provides a great showcase for St. John's itself, which figures prominently in the series.

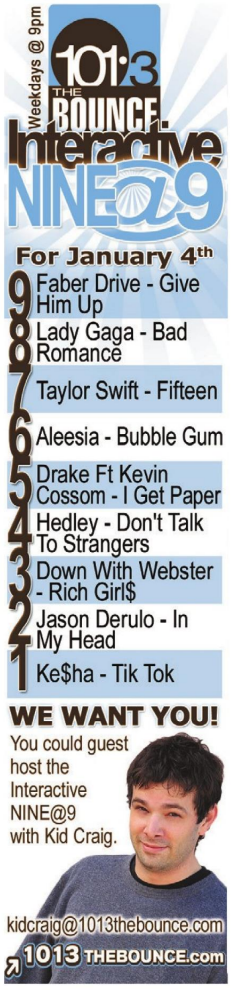
"It's certainly a major character in the show," he says. "And though it was the first one-hour drama ever done in Newfoundland, the community was nothing but supportive."

Hawco says his one hope now is simply that viewers watch the damn thing.



Allan Hawco plays private investigator Jake Doyle on the new CBC mystery/drama series Republic of Doyle.

"I hope that Canadians watch it and think — this is a Canadian show I'm proud of. And that people from outside Canada just think it's a great show."



HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/5/10 primetime	31	31	31 ABC	News Center 5	World News	Inside Edition	Chronicle	Scrubs	Better Off Ted	Scrubs	Better Off Ted	the forgotten
	7	7	7 ASN	The Road to Avonlea		Degrassi: Next	TMZ (N)	*Air Force One* ★★★ (1997, Suspense) Harrison Ford, Gary Oldman.				
	11	11	11 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Ron James: Manitoba Bound		CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	Union-force	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Trauma (N) (SC)		Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS "Ignition" (N)		NCIS: Los Angeles (N)		The Good Wife
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	La Fièvre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	The Good Wife "Infamy"		NCIS "Ignition" (N)		NCIS: Los Angeles (N)		News Final (N)
	9	9	9 CJCH	etalk	Access H.	Law & Order: Special Victims		*Blades of Glory* ★★★ (2007, Comedy) Will Ferrell.				CTV News
	10	10	10 ELTV	(6) EastLink Television				Podium TV		Community Matters		
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Foot. Pregame	(9:15) College Football FedEx Orange Bowl -- Georgia Tech vs. Iowa.				
	12	12	12 NBC	News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser Strenuous bike challenge. (N)				Jay Leno Show
	29	29	29 NW	(6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National		fifth estate
	4	4	4 PBS-B	PBS NewsHour (N)		Greater Boston	Maria Hinojosa	Nova (HDTV) (N)		This Emotional Life (HDTV) (N) (DVS)		
	35	35	35 PBS-D	PBS NewsHour (N)		Business Rpt.	Worldfocus	Nova (HDTV) (N)		This Emotional Life (HDTV) (N) (DVS)		
	68	68	68 TQS	Guerre clans	Oncle Charlie	Touche pas à mon fils		Dirty Sexy Money (SC)		Private Practice (N) (SC)		Guerre clans
news	23	96	96 BNN	Business News	Headline	Market Call Tonight		The Close	Market Call	Squeeze Play		Business News
	18	18	18 CNN	Situation Room-Wolf Blitzer		CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Cooper 360
sports	54	54	54 GOLF	Golf Central	Play Lessons	Golf Videos	Inside PGA	SBS Championship Highlights		Destination	Top 10 (HDTV)	Big Break
	52	52	52 RSE	Connected W-Prime Time		MMA Conn	NHL Hockey Boston Bruins at Ottawa Senators. (Live)					Sportsnet Con.
	55	55	55 SCOR	After Wrestling	Covers Experts	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.				
	45	45	45 SPD	Unique Whips		Pass Time	Pass Time	Monster Jam (HDTV) (N)		Super Bikes!	Super Bikes!	Drives
	53	53	53 TSN	Hockey	SportsCentre	That's Hockey!	2010 IIHF	Hockey 2010 IIHF World Junior Championship, Gold Medal: Teams TBA.				
family	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26 TREE	Wonder Pets	3rd & Bird	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27 YTV	iCarly	To Be Indie	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
cable variety	16	16	16 A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal
	70	70	70 APTN	APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	*Commando* ★★ (1985, Action), Dan Hedaya		
	50	50	50 BET	106 & Park: BET's Top 10 Live				*Don't Be a Menace to South Central While Drinking*				Monica: Still
	37	37	37 BRVO	Wind at My Back		Bruce Cockburn		Live at the Rehearsal Hall		Jessye Norman Jessye Norman's life.		
	25	25	25 CMT	Shaye: This Is It		Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	153	153	153 COURT	Killer Next Door		Situation Critical		Cops Uncut	Dumb Criminal	Psychic Witness		Critical
	38	38	38 DISC	Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters
	46	46	46 HIST	Ancients Behaving Badly		Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients-Badly
	17	17	17 MM	Secret Life of American Teen		Gossip Girl (HDTV)		Love Court	My Date With...	MuchNews: Top Shockers '09		disBAND
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage
	201	201	201 M1	*Gooby*	*Before Tomorrow* (2008, Drama) Peter-Henry Arnatsiaq, Paul-Dylan Ivalu.					*Watchmen* ★★ (2009, Action)		
	48	23	23 OLN	Mantracker		Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	51	51	51 PEACH	The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Jerry Maguire*
	206	206	206 PIX	(6) *A Knight's Tale* (2001, Adventure)			(8:25) *Double Vision* (1992, Mystery)			*Legally Blonde* ★★ (2001, Comedy)		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	Relic Hunter		*Maternal Obsession* (2008, Suspense) Nicholle Tom.				Drp Dead Diva
	40	40	40 SLICE	What Happen?	Wedding SOS	Rich Bride, Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS
	47	47	47 SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Lost "Because You Left"		Medium (HDTV)		Fringe
	14	14	14 SPIKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		MANswers	MANswers	MANswers
	57	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV)		Dr. Oz Show
	21	21	21 TLC	Say Yes-Dress	Say Yes-Dress	Little Couple	Little Couple	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple
	56	34	34 TROP	End of Leash	Last 10	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash
	20	20	20 TV5	Que.-champion	Journal de Fr2	Zoom animal		Francofolies 2008			Acoustic	ADN
	28	28	28 V	Mysterious Ways		Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted
	60	97	97 VIVA	Da Vinci's Inquest		Cold Case "The Woods"		Missing Groom disappears.		The Closer (Part 1 of 2)		Cold Case
	22	22	22 W	House-Sell	House-Sell	Supernanny		Dine With Me	Good Naked	How to Look Good Naked		Look Good
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	90210 "The Porn King"		Melrose Place "Vine"		WGN News

critics' corner

How to Look Good Naked Canada
Women of Canada, shed your clothes! We now have our own homegrown edition of the popular reality series in which women unhappy with their bodies learn to be comfortable in their own skin. Hosted by former "etalk" reporter Zain Meghji, each episode chronicles the journey of one woman as she learns to stop focusing on her flaws and love her body. In the opener, Meghji and his team work with Jillian, a sassy single mom. 11 PM on W



Ron James: Manitoba Bound
As he's done with British Columbia, Alberta and his home turf, the Maritimes, comedian Ron James lets loose his rapid-fire wit on an audience in Winnipeg. He pokes his share of good-natured fun at Manitoba and its people in this special, but you don't have to be from there to appreciate James' humor. Being Canadian, however, definitely helps. 9 PM on CBC

License to Drill
In the tradition of "Deadliest Catch," "Ice Road Truckers" and other shows about extreme working conditions comes this new series about natural gas drilling crews — one on an island in the Arctic Ocean and one in northern British Columbia. The weather is severe, the work is dangerous, and the time to get it done is limited, but these folks seem to thrive on the challenge. 11 PM on DISCOVERY



Man, I'd take out a full page ad

Though they're not openly acknowledging their reported romance, Chris Pine and actress Olivia Munn definitely looked "on" at The Woods in Los Angeles. The casually dressed couple held court in the back of the dimly-lit bar, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Beatty denies Lothario label in new bio

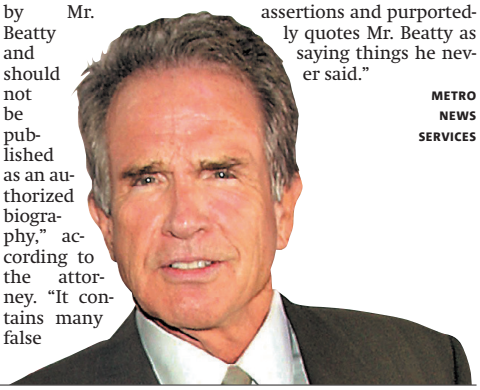
MEANWHILE, ON *JERSEY SHORE*, THERE HAVE BEEN REPORTS OF IMPROMPTU BEATTY SHRINES Warren Beatty's legendary gold crown for womanizing is about to get some added polish, with this week's publication of Star: How Warren Beatty Seduced America — though the 72-year-old star has already issued a statement though his attorney to refute the book's claims, people.com reports.

"Using simple arithmetic," author Peter Biskind calculates, according to New York Post, Beatty bedded "12,775 women, give or take, a figure that does not include daytime quickies, drive-bys, casual gropings, stolen kisses and so on."

But in a statement to the Huffington Post, Beatty's attorney, Bertram Fields, denies that the book — which the Post reported was authorized — was, in fact, sanctioned by the actor.

"Mr. Biskind's tedious and boring book on Mr. Beatty was not authorized by Mr. Beatty and should not be published as an authorized biography," according to the attorney. "It contains many false assertions and purportedly quotes Mr. Beatty as saying things he never said."

METRO NEWS SERVICES



Spice Girl regrets tattoos

SPOTTY SPICE Mel C regrets having tattoos, femalefirst.co.uk reports. The former Spice Girls singer admits she finds it difficult to go unrecognized, particularly when on holiday, because her 11 pieces of body art are so distinctive.

She said: "I do regret a bit having them done. Especially when I'm on the beach. Or when I'm hoping to be incognito and I can't take my coat off in the sweltering heat because everyone will know it's me when they spot them."

METRO NEWS SERVICES

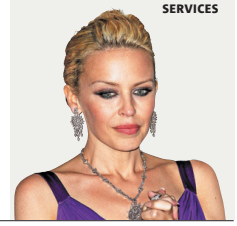


Celebrity tweets

Rivers Cuomo is arguing semantics, Kylie Minogue has big plans for 2010, and Lindsay Lohan is resolute.

- @riverscuomo The expression "gays and lesbians" doesn't make sense because lesbians are gay.
- @kylieminogue Some of my NY resolutions are .. to live with full emotion, to follow my heart, to love love love, to be healthy, positive and creative.... AND make my 11th studio album one you will all *!*o*v*e*!!!!!
- @lindsaylohan To answer everybody's question...My new years resolution is to stop letting the lucky few that have my heart try2constantly tear me down.

METRO NEWS SERVICES



Kate cites 'overindulgence' as reason for missed flight

HER 7-YEAR OLD DAUGHTER NOW OFFICIALLY MORE MATURE Kate Moss paid quite the price for missing a flight the day after Christmas. She and three friends reportedly lost $32,000 US worth of plane tickets to Thailand because she'd overindulged the day before on "turkey and all the trimmings, booze and Christmas pud," a source tells the Daily Mirror.

Fortunately, Moss and company were apparently able to rebook, as the supermodel was spotted just before New Year's with her boyfriend on a Thai beach.

METRO WORLD NEWS



Nordegren's $300M Christmas bounty?

I JUST STOPPED FEELING SORRY FOR HER Elin Nordegren is reportedly enjoying at least one part of her separation from husband Tiger Woods. When asked what Woods got her for Christmas, Nordegren reportedly said, "Three hundred million dollars, thank you very much," according to News of the World.

Sources say it shows she's not interested in reconciling with the golf pro. "She's 100 percent determined to split with Tiger," a source tells the newspaper.

METRO WORLD NEWS



Boyle dishes on Cowell crush

SORRY, SUSAN, YOU'D HAVE TO SHARE HIM WITH HIS EGO Susan Boyle is looking for love in 2010, dedicating the whole year to finding herself a worthy partner — and she wants him to be like Simon Cowell, femalefirst.co,uk reports.

The single 48 year old, who claims never to have been kissed, shot to fame last year and subsequently turned down the chance to look for love on a TV dating show, following a string of offers from producers.

But Boyle admits she's determined to fill the new year with romance, and will spend her time searching for her perfect companion.

She tells Britain's News of the World newspaper, "I now dream about the perfect man. Women just want the security of a nice man and somebody to love you."

When asked what she is looking for in a partner, Boyle admits she has a liking for her Britain's Got Talent mentor, Simon Cowell.

She adds, "I owe so much to him. He knows I have a soft spot for him. Simon (is) my kind of (man)."

METRO NEWS SERVICES



Sheen's mother-in-law confirms death threats

GUESS WHO'S NOT COMING TO DINNER? Despite claiming in a 911 call Christmas morning that Charlie Sheen tried to kill her, Brooke Mueller may be trying to work things out with the actor, 44, usmagazine.com reports.

"She hasn't spoken with him," Mueller's mother, socialite Moira Fiore, tells E! News. "But she wants to reconcile with him."

Although she suspects the two are trying to work things out, "I have mixed emotions about it," Fiore says, adding that Mueller, 32, "won't listen" to what she has to say on the matter.

In Mueller's Dec. 25 911 call, she alleged that Sheen told her, "Your mother's money means nothing, I have ex-police I can hire who know how to get the job done (kill her) and they won't leave any trace."

METRO NEWS SERVICES



Alexa Ray opens up about her depression

NEW SPOKESMODEL Alexa Ray Joel rang in the new year by talking about the "depression" that contributed to her Dec. 5 hospitalization, in which she swallowed a handful of homeopathic pills, popeater.com reports.

She posted notes on Facebook to thank her friends, fans and supporters, adding she wants "to help young girls with something I feel I know a GREAT deal about: Heartbreak-Related Depression. Although it does not get much attention in our society, it is a very serious and painful condition that often gets 'swept under the carpet.' I hope to bring this topic to light."

METRO NEWS SERVICES



Naomi Campbell denies bankruptcy rumours

WHAT ABOUT MORAL BANKRUPTCY? Naomi Campbell's representative has dismissed rumours the supermodel is set to file for bankruptcy, calling the reports "completely untrue," femalefirst.co.uk reports.

The supermodel who has been in talks to front her own fashion-orientated reality TV show was recently hit by allegations of financial problems after she dropped a lawsuit against a former personal assistant, reportedly citing "litigation exhaustion."

METRO NEWS SERVICES



Jude Law finally ready to meet new daughter

...ON THE MAURY POVICH SHOW? Jude Law has reportedly reached out to the mother of his lovechild in a bid to set up a first meeting with his daughter, femalefirst.co.uk reports. The Sherlock Holmes star became a father the fourth time when American model Samantha Burke gave birth to Sophia in September.

Law, who has three kids with ex-wife Sadie Frost, has reportedly stayed away since the birth and has yet to meet the baby. The love child was said to be conceived after a fling while the actor was working in New York.

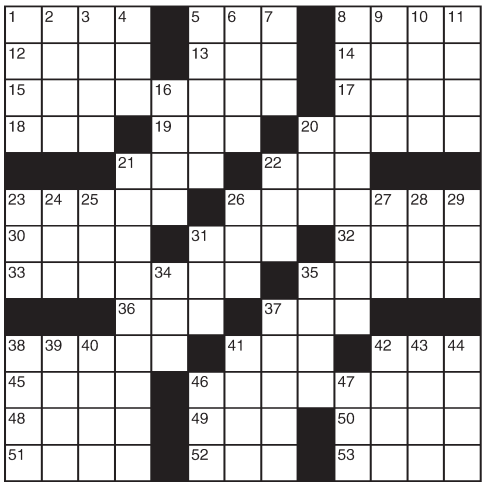
METRO NEWS SERVICES



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Today Rain and snow 70% 2°/ -1°
Wednesday Variable 3°/ -1°
Thursday Variable 1°/ -4°
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Take Five



ACROSS

1 Anthropologist Margaret
5 Gullible one
8 Doorframe piece
12 Killer whale
13 Sine — non
14 "Birthplace of Aviation"
15 England's Uncle Sam
17 "— Free"
18 Sugar suffix
19 Disencumber
20 Vessel in icy waters
21 Poke
22 Snapshot
23 Noble title
26 Black leopard
30 Baldwin or Guinness
31 Enjoyment
32 "The Music Man" setting
33 Mr. Pike of peak fame
35 Clan emblem
36 Bagel topping
37 Coffee break hour
38 Summarize
41 "Indeed"
42 Adversary
45 Smell
46 Riding breeches
48 Pickle flavor
49 Toss in
50 Break suddenly
51 Remain
52 Festive
53 One way to stand by

DOWN

1 Voodoo charm
2 Cupid's alias
3 Rue the run
4 Newsman Rather
5 Filler news item
6 "— Lang Syne"
7 Chum
8 Form of protest at work
9 "Hey, swabbie!"
10 Actress Sorvino
11 Hit on the noggin
16 Cereal choice
20 Family
21 In a playful way
22 Skillet
23 Movie director Luhrmann
24 Hearty brew
25 Confederate soldier
26 Play on words
27 Spicy
28 One of a lamb's parents ...
29 .. .and the other
31 "Family Guy" network
34 Prune
35 New Age musicmaker John
37 Cohort of George, Tom and Abe
38 Scepters
39 Tend texts
40 Pop flavor
41 Luke's mentor
42 Treasury
43 Exam format
44 Catch sight of
46 Binge
47 Omega preceder

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			1			5		
6		3		7			1	
5			6			2		
		2		4	6			5
	4						6	
3			9	5		8		
		6			3			9
	1			6		4		2
		8			9			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	D	D	■	■	B	R	A	■
M	O	R	T	■	O	E	R	■
S	T	A	R	■	W	A	G	■
K	E	B	A	B	■	M	O	H
■	■	■	N	A	B	■	T	R
M	A	R	S	H	A	L	■	S
A	R	A	M	■	T	A	N	■
R	I	G	I	D	■	S	I	L
V	A	S	S	A	R	■	L	E
■	■	■	S	M	U	G	■	D
K	I	W	I	■	N	O	D	■
E	C	H	O	■	O	R	E	■
N	E	O	N	■	N	E	W	■

M	A	Y	A	■	■	■	■	■
I	D	E	S	■	■	■	■	■
S	O	P	H	■	■	■	■	■
■	■	■	■	■	■	■	■	■
T	R	I	F	L	E	■	■	■
S	O	L	E	D	■	■	■	■
N	E	E	D	■	■	■	■	■
S	I	L	V	E	R	Y	■	■
L	E	I	■	■	■	■	■	■
D	E	C	O	Y	■	■	■	■
J	A	V	A	■	■	■	■	■
O	M	A	N	■	■	■	■	■
E	L	K	■	■	■	■	■	■

2	1	3	5	6	9	4	7	8
4	6	5	3	7	8	1	9	2
9	7	8	1	2	4	5	3	6
5	4	6	7	9	1	8	2	3
1	8	9	4	3	2	7	6	5
7	3	2	8	5	6	9	4	1
3	9	7	2	8	5	6	1	4
8	2	4	6	1	7	3	5	9
6	5	1	9	4	3	2	8	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Family Shepherd's Pie

INGREDIENTS:

1 lb (500 g) lean ground beef
1 onion, finely chopped
1 large carrot, peeled and grated
1 celery stick, finely chopped
1 tbsp (15 ml) tomato paste
1 tsp (5 ml) Worcestershire sauce
1 tsp (5 ml) mixed herbs
11/3 cups (325 ml) hot beef stock
1 tbsp (15 ml) all-purpose flour
2 lb (1 kg) potatoes, peeled and cut into chunks
63/4 tbsp (100 ml) 1% milk, warmed
2 tbsp (25 ml) butter

METHOD:

1. Heat large, heavy-based pot until hot, then add ground beef and vegetables; fry, stirring occasionally to break up lumps, until lightly browned all over. Meanwhile, stir tomato paste, Worcestershire sauce and mixed herbs into stock. Sprinkle flour over beef and vegetables.
2. Stir stock into ground meat. Bring to boil, then reduce heat, cover and cook gently 15 minutes. Season to taste.
3. Meanwhile, cook potatoes in boiling water until tender. Drain then mash with warmed milk and butter. Season. Preheat broiler to medium.
4. Spoon meat mixture into large, warm ovenproof dish. Spread mashed potatoes over top and fluff with fork. Put under broiler to brown lightly and crisp top.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Your mind is a powerful tool and if you think only positive thoughts today something remarkable is sure to happen.

TAURUS ♉
APRIL 21-MAY 21
Someone from a different background or with a different outlook on life will make a big impression on you today.

GEMINI ♊
MAY 22-JUNE 21
Other people will respond well to you today, so well in fact that you may be tempted to ask for something you would not expect to get at any other time.

CANCER ♋
JUNE 22-JULY 22
You will have to deal with a relationship issue today, but as Mercury and Venus join forces in your opposite sign the omens are good that you can work it out.

LEO ♌
JULY 23-AUG 23
Don't let other people's criticism get you down. The only reason they are having a go at you is because they envy your abilities.

VIRGO ♍
AUG 24-SEPT 22
There is good in everybody, no matter how disagreeable some people may seem when you first meet them. What happens today will convince you of that.

LIBRA ♎
SEPT 23-OCT 23
There is no point signing up for something you are unlikely to enjoy, so be brave and say No when asked to get involved in an activity you have no interest in.

SCORPIO ♏
OCT 24-NOV 22
Today's Venus-Mercury link means you can charm the birds from the trees. Even rivals and enemies will be well disposed to you over the next 24 hours,

SAGITTARIUS ♐
NOV 23-DEC 21
You don't lack for courage and confidence but if you are going to be successful in your endeavors you need a third ingredient: common sense.

CAPRICORN ♑
DEC 22-JAN 20
It does not matter how busy you may be at the moment, you must find time to have fun. Your sign urges you to get out into the world.

AQUARIUS ♒
JAN 21-FEB 18
There is someone you want to get close to, maybe for romantic reasons or maybe because you believe they can help with your ambitions.

PISCES ♓
FEB 19-MARCH 20
Try to keep your aims within reason, because if you allow a flight of fancy to carry you away it could be a considerable blow to your ego.

Appy New Year!
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This day in history

1914: The Ford Motor Company announces an eight-hour workday and a minimum wage of $5 for a day's labor.
1976: Cambodia is renamed Democratic Kampuchea by the Khmer Rouge.
1993: Washington state executes Westley Allan Dodd by hanging (the last legal hanging in America).
1996: Hamas operative Yahya Ayyash is killed by an Israeli-planted booby-trapped cell phone.
2005: Eris, the largest known dwarf planet in the solar system, is discovered by the team of Michael E. Brown, Chad Trujillo, and David L. Rabinowitz using images originally taken on October 21, 2003, at the Palomar Observatory.

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AIR CANADA VACATIONS



GREAT deals starting at $899

+Taxes & other fees (including service charges): $213

Cayo Coco / Cayo Guillermo

NH Krystal Laguna Villas & Resort • 4★
All-Inclusive • Club Laguna rm.
Feb. 13 & Mar. 6 • 1 wk.
$899
+Taxes & other fees (including service charges): $213

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Mar. 6 • 1 wk.
$1089
+Taxes & other fees (including service charges): $297

Cancun / Riviera Maya

Royal Solaris Cancun • 4★
Deluxe lagoon view rm.
Mar. 14 • 1 wk.
$1209
+Taxes & other fees (including service charges): $275

Varadero

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Mar. 5 & 19 • 1 wk.
$1139
+Taxes & other fees (including service charges): $213

Puerto Plata

Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Feb. 17 • 1 wk.
$1249
+Taxes & other fees (including service charges): $297

Jamaica

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Feb. 8 • 1 wk.
$1189
+Taxes & other fees (including service charges): $266

Orlando via Toronto

Disney's All Star Sports Resort • 3★
All-Inclusive
Special offer 3-Standard rm.
Jan. 29 • 5 nts.
$949
+Taxes & other fees (including service charges): $140
$300 US Disney Gift Card per room, per stay

Cancun / Riviera Maya

Barceló Tucancun Beach • 4★
All-Inclusive • Standard rm.
Mar. 14 • 1 wk.
$1169
+Taxes & other fees (including service charges): $275

Iberostar Rose Hall Beach • 4 1/2★

All-Inclusive
Standard garden view rm.
Feb. 8, 15 & 22 • 1 wk.
$1599
+Taxes & other fees (including service charges): $266

DEAL to EUROPE

London
Royal National Hotel London • 3★
Breakfast
Standard rm.
Feb. 4 & 11 • 3 nts.
$487
+Taxes & other fees (including service charges): $396

DEAL on CRUISES

Royal Caribbean International[1]
Adventure of the Seas®
Southern Caribbean Cruise
Flights to San Juan via Montreal
Interior stateroom cat. L
Feb. 14 & 28 • 1 wk.
$1429
+Taxes & other fees (including service charges): $251

SOL MELIÁ HOTELS & RESORTS

Punta Cana

Meliá Tropical • 4 1/2★
All-Inclusive
Deluxe junior suite
Mar. 6 • 1 wk.
$1379
+Taxes & other fees (including service charges): $297

Cancun / Riviera Maya

Gran Meliá Cancun • 5★
All-Inclusive • Deluxe rm.
Mar. 14 • 1 wk.
$1619
+Taxes & other fees (including service charges): $275


Meliá Tropical

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